



## Discover your Raleigh Parks and Recreation Department

### ARTS

#### Art Workshop - Cards in Watercolor

Age 14 yrs. and up.

This one-day workshop will teach you how to make wonderful cards using basic watercolor techniques...no experience required! Artist Laura Azzi will teach you several basic, fun techniques. You will be able to explore color, texture and composition as you create your very own designs. Bring a friend or family member! All paints and supplies will be provided (including supplies to take home) by the instructor for a separate \$25 fee, due to instructor at the class.

#117322	10-Mar	Sat	10:00 am - 2:30 pm	Cost:	\$34
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#### Art Workshop - Watercolor Sampler

Age 14 yrs. and up.

Discover the colorful world of watercolor painting in this one-day workshop! Artist Laura Azzi will guide you through several fun, basic techniques. You will be given the chance to explore your creativity in a supportive atmosphere. No experience required! All paints and supplies will be provided (including supplies to take home) by the instructor for a \$25 fee payable at class.

#117320	28-Jan	Sat	10:00 am - 2:30 pm	Cost:	\$34
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#### Basket Making - Picnic Basket

Age 16 yrs. and up.

Students will learn the basics of start/stop weaving by creating their own beautiful, functional picnic basket. Students will be able to use simple weaving techniques to create their entire basket within the class time. A supply kit fee of \$30 is due to the instructor on the day of the class.

#117323	14-Jan	Sat	9:30 am - 2:30 pm	Cost:	\$25
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#### Basket Making - The Too Too Cute Spring Basket

Age 16 yrs. and up.

Students will learn several introductory basket weaving techniques, including twining a bottom, weaving start/stop with flat oval and ash, and inserting round reed handles. At the end of class, students will have used these techniques to create a delightful spring basket! Appropriate for all skill levels. A \$20 kit fee will be payable to the instructor on the day of class.

#117324	14-Apr	Sat	9:30 am - 2:30 pm	Cost:	\$25
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#### Piano - Introduction

Age 5 yrs. and up.

In these introductory private piano lessons, students will learn the basics of piano playing, music note reading, chords and songs. Lesson materials are included, but students should bring their own folder and pencil. Instructor: Maggie Zargo

#117829	Jan 21 - Feb 25	Sat	9:00 am - 9:30 am	Cost:	\$100
#117830	Jan 21 - Feb 25	Sat	9:30 am -10:00 am	Cost:	\$100
#117831	Jan 21 - Feb 25	Sat	10:00 am -10:30 am	Cost:	\$100
#117832	Jan 21 - Feb 25	Sat	10:30 am -11:00 am	Cost:	\$100
#117833	Jan 21 - Feb 25	Sat	11:00 am -11:30 am	Cost:	\$100
#117834	Jan 21 - Feb 25	Sat	11:30 am -12:00 pm	Cost:	\$100
#117823	Mar 17 - Apr 21	Sat	9:00 am - 9:30 am	Cost:	\$100
#117824	Mar 17 - Apr 21	Sat	9:30 am -10:00 am	Cost:	\$100
#117825	Mar 17 - Apr 21	Sat	10:00 am -10:30 am	Cost:	\$100
#117826	Mar 17 - Apr 21	Sat	10:30 am -11:00 am	Cost:	\$100
#117827	Mar 17 - Apr 21	Sat	11:00 am -11:30 am	Cost:	\$100
#117828	Mar 17 - Apr 21	Sat	11:30 am -12:00 pm	Cost:	\$100





## Discover your Raleigh Parks and Recreation Department

### ARTS (cont)

#### Art - Jumpstart Toddler Montessori

Age 18M - 42M

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical lap-sit circle time and puppet show. Then students will be able to get creative with washable art projects. We will also explore 'social stations' full of building blocks, cooking centers, train sets, puppets and more. Get a jump start on preschool! A separate \$35 materials fee will be due to the instructor at the first class meeting that includes a CD of music to take home. Instructor: Rhonda Felton Manning, BS in Education.

#117902	Jan 13 - Mar 2	Fri	9:00 am -10:00 am	Cost:	\$40
#117903	Mar 9 - May 4	Sat	9:00 am -10:00 am	Cost:	\$40

#### Art - Winter Wiggles by Moving to Music

Age 18M - 4Y

Tired of being stuck in the house with energy to burn? Shake those winter blues in this energetic class full of song and dance. Your children will learn about the winter season and many special cold weather animals through songs, instrumental play and lots of preschool games which will increase their school readiness as well as being lots of fun! So raise your voice, clap your hands and let your imagination run wild! Parent participation required. There will be a \$35 supply fee payable to instructor at the first class. This fee includes all art materials, music CD, props and other supplies. Instructor: Rhonda Felton Manning, BS in Education.

#117904	Jan 13 - Mar 2	Fri	10:00 am -11:00 am	Cost:	\$40
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#### Art - Springtime Melodies by Moving to Music

Age 18M - 4Y

The air is getting warmer, so stay cool in this lively class for our youngest music lovers! We will explore the magic of Spring through song, dance and dramatic play for tiny toes. Your child will learn about spring showers, rainbows, the seed cycle, and many other spring concepts as we sing and dance our way through the season. Special events include musical crafts, parachute games and puppet shows! Each student will receive a CD of the music from our class. Parent participation is required. A supplies fee of \$35 will be due to the instructor at the first class. Instructor: Rhonda Felton Manning, BS in Education.

#117906	Mar 9 - May 4	Fri	10:00 am -11:00 am	Cost:	\$40
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#### Art - Winter Wonderland by Toddler Time

Age 2 yrs. - 4Y

Chase away those winter blues in this art class designed for little fingers. Your child will learn all about nature through snowflakes, hibernation, arctic animals, and many other Winter concepts in this center based mini-preschool for our smallest students. Also, each week we will feature a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Each child will receive a CD of music to take home. Parent participation required. There will be a \$35 supply fee payable at the first class. Instructor: Rhonda Felton Manning, Ed. in Education.

#117905	Jan 13 - Mar 2	Fri	11:00 am -12:00 pm	Cost:	\$40
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## Discover your Raleigh Parks and Recreation Department

### ARTS (cont)

Age 2 yrs. - 4Y

Come discover the beauty of spring in this art class designed for little fingers. From creating a colorful rainbow mobile to sprouting their own flower seeds, your children will learn so much in this center-based mini-preschool for our smallest students. Also, each week will feature a short lap-sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation is required. Each child will receive a CD of the music used in our class. A separate \$35 materials fee is payable to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

#117907	Mar 9 - May 4	Fri	11:00 am -12:00 pm	Cost:	\$40
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### Athletic Teams and Leagues

#### Youth Lacrosse Leagues

All Ages

Practices will begin early February at Halifax Park and Buffalo Road Athletic Park and Kiwanis Park. The Season will run until Mid May. This program is a city wide program, with the majority of practices and games held at Halifax Park, Buffalo Road Athletic Park and Kiwanis Park. Each participant is responsible for providing and wearing all necessary protective equipment to include. Mandatory equipment for boys include stick, helmet, mouth guard, gloves, shoulder pads, arm pads and protective cup. Rib pads are optional. Girls need a mouth guard, stick and protective goggles.

#120354	Boys Grades 2-4	Cost:	\$42
#120355	Boys Grades 5-6	Cost:	\$42
#120356	Boys Grades 7-8	Cost:	\$42
#120357	Girls Grades 2-4	Cost:	\$42
#120358	Girls Grades 5-8	Cost:	\$42

#### Youth Baseball 2012 - District A

Age 5 - 12 yrs.

District A includes Brier Creek Community Center, Lake Lynn Community Center, and Optimist Community Center. Baseball leagues will be offered for the following age groups: 5-6, 7-8, 9-10, and 11-12. League age is determined by the participant's age as of April 30, 2012. Games and practices will be held in city parks within District A. Open registration will be held February 13-24.

#117307	5 - 6 Coed T-Ball	Cost:	\$30
#117308	7 - 8 Coed Coach Pitch	Cost:	\$30
#117309	9-10-Mustang	Cost:	\$30
#117310	11-12-Bronco	Cost:	\$30

#### Youth Baseball 2012 - City Wide

Age 13 - 18 yrs.

Play Ball! - Leagues are offered for the following age groups: 13-14 and 15-18 year olds. League age is determined by the age of the participant on April 30, 2012. The 13-14 age groups will start practice the first of March. The 15-18 age group will not start practice until mid May.

#115770	13-14 Pony A/C	Cost:	\$30
#115772	15-18 Colt City Wide	Cost:	\$30

#### Youth Spring Softball

Age 6 - 16 yrs.

Lets play ball! Girls slow pitch softball leagues will be offered in the following ages: 6-9, 10-12 and 13-16. League age is determined by the participant's age as of April 30, 2012. Registration will be held February 13-24 at any Community Center.

#118122	6-9-Mini Girls Softball	Cost:	\$30
#120351	10-12-Slow Pitch	Cost:	\$30
#120352	13-16-Slow Pitch	Cost:	\$30







## Discover your Raleigh Parks and Recreation Department

### EDUCATIONAL PROGRAMS

#### Cake Decorating Workshop

Age 16 yrs. and up.

Have you always wanted to be able to decorate your own cakes to look like those you see in the magazine? We will give you the tips and tricks to do just that! This workshop is designed to give you the basics that will allow you to decorate your own beautiful cakes. Skills that will be covered include cutting and filling cakes, frosting basics, using tips, borders, writing and decorations. Each student will then be able to decorate their own custom cake with advice and assistance from our instructor. All cakes and cake decorating materials will be provided, and students will leave with their own custom cake and a handout with details of all materials used.

#117319	31-Mar	Sat	1:00 pm - 4:00 pm	Cost:	\$30
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#### Japanese Calligraphy and Origami

Age 16 yrs. and up.

Japanese calligraphy is the art of writing characters. We will be using 'Shodo', one of Japan's traditional cultural arts. This art is also one of the best ways to develop mental concentration and focus. Japanese origami is the art of folding paper into specific forms and objects. Participants work on their choice of calligraphy or origami and make their own cards like thank you notes, get well notes, etc.

#118631	Feb 8 & 15	Wed	6:30 pm - 7:30 pm	Cost:	\$15
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#### Play Smart

Age 3yrs. - 5Y

Children will rotate through different stations in small groups. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: Alicia Lacombe 831-6833 or Linda Stafford 420-2383.

#119198	28-Mar	Wed	10:00 am - 11:30 am	Cost:	\$6
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### FITNESS

#### Aerobics - DanceFit

Age 18 yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

#117335	Jan 11 - Feb 8	Wed	5:45pm - 7:00pm	Cost:	\$25
#117334	Feb 22 - Mar 21	Wed	5:45pm - 7:00pm	Cost:	\$25
#117920	Apr 11 - Jun 6	Wed	5:45pm - 7:00pm	Cost:	\$40

#### Belly Dance For Exercise - Beginners

Age 18 yrs. and up.

This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to: [www.kashabellydance.com](http://www.kashabellydance.com)

#117325	Jan 9 - Feb 27	Mon	7:00 pm - 7:55 pm	Cost:	\$80
#117326	Mar 5 - Apr 30	Mon	7:00 pm - 7:55 pm	Cost:	\$80

#### Belly Dance for Exercise - Beyond Basic

Age 18 yrs. and up.

After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. This class is 55 minutes long. Kasha instructs. For more information on the program, visit Kasha's website at [www.kashabellydance.com](http://www.kashabellydance.com)

#117327	Jan 9 - Feb 27	Mon	8:00 pm - 8:55 pm	Cost:	\$80
#117328	Mar 5 - Apr 30	Mon	8:00 pm - 8:55 pm	Cost:	\$80





## Discover your Raleigh Parks and Recreation Department

### FITNESS (cont)

#### Bollywood Dance for Fun and Exercise

Age 18 yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome—come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

#117331	Jan 10 - Feb 28	Tue	7:30 pm - 8:30 pm	Cost:	\$88
#117330	Mar 6 - Apr 24	Tue	7:30 pm - 8:30 pm	Cost:	\$88

#### Exercise - Weight Room/Fitness Centers

Age 18 yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours.

Participants must be 18 years of age or older. Please see staff for additional information.

#120690	Jan 1-31	Daily	Center Hours	Cost:	\$15
#120738	Feb 1-29	Daily	Center Hours	Cost:	\$15
#120739	Mar 1-31	Daily	Center Hours	Cost:	\$15
#120740	Apr 1-30	Daily	Center Hours	Cost:	\$15

#### Stretch and Tone

Age 18 yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength.

All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

#117338	Jan 10 - Feb 7	Tue	5:45 pm - 7:00 pm	Cost:	\$25
#117339	Jan 14 - Feb 11	Sat	9:15 am - 10:30 am	Cost:	\$25
#117340	Feb 21 - Mar 20	Tue	5:45 pm - 7:00 pm	Cost:	\$25
#117342	Feb 25 - Mar 24	Sat	9:15 am - 10:30 am	Cost:	\$25
#117341	Apr 10 - May 29	Tue	5:45 pm - 7:00 pm	Cost:	\$25
#117343	Apr 14 - Jun 9	Sat	9:15 am - 10:30 am	Cost:	\$25

#### Yoga for All Levels

Age 16 yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

#117344	Jan 12 - Feb 9	Thu	6:30 pm - 7:45 pm	Cost:	\$40
#117345	Feb 23 - Mar 22	Thu	6:30 pm - 7:45 pm	Cost:	\$40
#117346	Apr 12 - May 31	Thu	6:30 pm - 7:45 pm	Cost:	\$40

#### Karate - Okinawan Shorin-Ryu

Age 7 yrs. and up.

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Uniforms can be purchased through the instructor at a discounted rate. Family discount for families of 3 or more available!

#117299	Jan 2-30	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$44
#117300	Feb 1-29	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44
#117301	Mar 5-28	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$44
#117302	Apr 2-30	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$44





## Discover your Raleigh Parks and Recreation Department

### FITNESS (cont)

#### Sports & Fitness - Amazing Athletes

Age 30M - 6Y

Amazing Athletes is a program designed to enhance your child through a developmental sports and fitness program. Our structured curriculum teaches the basic fundamentals and mechanics of 9 different sports, proven to increase a child's overall hand-eye coordination, cardiovascular fitness, muscle tone, speed and agility, gross motor skills and much more. Each class helps build confidence, improves coordination, promotes teamwork and sportsmanship, and helps enforce a healthy and active lifestyle. For more information, visit [www.amazingathletesinc.com](http://www.amazingathletesinc.com).

#120185	Jan 26 - Mar 29	Thu	9:30am - 10:15pm	Cost:	\$88
#120637	Mar 5 - Apr 30	Mon	6:30pm - 7:15pm	Cost:	\$88
#120184	Apr 7 - Jun 2	Sat	11:00am - 11:45am	Cost:	\$88

#### Drumming for Seniors

All Ages

This exciting new drumming program has a lot of benefits: camaraderie, creativity, improved balance, improves eye-hand coordination, attention, memory and neuron-muscular function. No experience required: just come and have fun. For more information please contact Lauren at 919-807-5423

#120126	Jan 4-25	Wed	9:00am - 9:45am	Cost:	\$10
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#### Seniortoise

Age 18 yrs. and up.

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

#120573	Jan 3-31	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#120570	Feb 2-28	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#120571	Mar 1-29	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#120572	Apr 3-26	Tue&Thu	9:00am - 10:00am	Cost:	\$15

### NATURE

#### Love Bugs

Age 3yrs. - 5Y

Join us as we read a story and learn all about bugs! Then we'll make a buggy valentine craft for your parents. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856.

#118147	14-Feb	Tue	10:00am - 10:45am	Cost:	\$5
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### SOCIAL

#### Y.E.S. - Youth Escape School

Age 5 yrs. - 12Y

Need something for your child to do on school holidays and teacher work days? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Field trips, if offered, may require additional fees. Each participant must bring lunch and 2 snacks.

#111136	23-Jan	Mon	7:30am - 6:00pm	Cost:	\$25
#111137	20-Feb	Mon	7:30am - 6:00pm	Cost:	\$25
#111217	21-Feb	Tue	7:30am - 6:00pm	Cost:	\$25
#111138	30-Mar	Fri	7:30am - 6:00pm	Cost:	\$25
#111139	2-Apr	Mon	7:30am - 6:00pm	Cost:	\$25
#111140	3-Apr	Tue	7:30am - 6:00pm	Cost:	\$25
#111141	4-Apr	Wed	7:30am - 6:00pm	Cost:	\$25
#111142	5-Apr	Thu	7:30am - 6:00pm	Cost:	\$25
#111143	8-Jun	Fri	7:30am - 6:00pm	Cost:	\$25







## Discover your Raleigh Parks and Recreation Department

### SOCIAL (cont)

#### Playgroup Tot Time

Age 6M - 5Y

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved

#117298	Jan 4 - Apr 25	Wed	9:30 am -11:30 am	Cost:	FREE
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#### Senior Club - Lake Lynn Seniors

Age 55 yrs. and up.

Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site.

#117318	Jan 10 - May 1	Tue	10:00 am -12:00 pm	Cost:	FREE
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#### Senior Gamesters

Age 55 yrs. and up.

Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays).

#117316	Jan 3 - Apr 24	Tue	6:30 pm - 8:30 pm	Cost:	FREE
#117317	Jan 7 - Apr 28	Sat	9:00 am -11:00 am	Cost:	FREE

### SOCIAL (cont)

#### The Elite Trainers League

Age 7yrs. And up

The Elite Trainers League offers a social setting in which children and adults can come put their Pokemon skills and knowledge to use. We will offer game instruction for beginners and advanced strategy tips for the experts. Parents can stay and watch or drop-off and pick-up participants inside of League hours. There will be League standings posted every Sunday and tournaments held at the end of every month. Come out and join us to earn recognition as the top Trainer in the League!

#120210	Jan 8-29 Monthly	Sun	1:30pm - 3:30pm	Cost:	\$25
#120206	Jan 8-29 Weekly	Sun	1:30pm - 3:30pm	Cost:	\$7
#120211	Feb 5-26 Monthly	Sun	1:30pm - 3:30pm	Cost:	\$25
#120207	Feb 5-26 Weekly	Sun	1:30pm - 3:30pm	Cost:	\$7
#120212	Mar 4-25 Monthly	Sun	1:30pm - 3:30pm	Cost:	\$25
#120208	Mar 4-25 Weekly	Sun	1:30pm - 3:30pm	Cost:	\$7
#120213	Apr 1-29 Monthly	Sun	1:30pm - 3:30pm	Cost:	\$25
#120209	Apr 1-29 Weekly	Sun	1:30pm - 3:30pm	Cost:	\$7

### TENNIS

#### Tennis Adult Level 1

Age 18 yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Rain outs will be made up at the end.

#118987	Mar 12 - Apr 25	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$96
#119008	Mar 10 - Apr 21	Sat	9:00 am -10:00 am	Cost:	\$48

#### Tennis Adult Level 2.0/2.5 Drills

Age 18 yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match.

#119021	Mar 13 - Apr 26	Tue&Thu	6:00 pm - 7:00 pm	Cost:	\$96
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## Discover your Raleigh Parks and Recreation Department

### TENNIS (cont)

#### Tennis Adult Level 3.0 Drills

Age 18 yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

#119026	Mar 12 - Apr 25	Mon&Wed	8:00 pm - 9:00 pm	Cost:	\$96
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#### Tennis Jr Tournament Team

All Ages

Designed for junior tennis players who have learned all shots, this team will workout and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

#122131	Jan - Mar 1	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$168
#118970	Mar 13 - Apr 26	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$168

#### Tennis Jr Level 1

Age 6 yrs. - 18Y

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

#118930	Mar 10 - Apr 21	Sat	10:00am - 11:00am	Cost:	\$48
#118931	Mar 10 - Apr 21	Sat	10:00am - 11:00am	Cost:	\$48
#118929	Mar 12 - Apr 25	Mon&Wed	4:30pm - 5:30pm	Cost:	\$96
#118928	Mar 13 - Apr 26	Tue&Thu	5:00pm - 6:00pm	Cost:	\$96

#### Tennis Jr Level 2

Age 8 yrs. - 18Y

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.

#118947	Mar - Apr 26	Tue&Thu	4:00 pm - 5:00 pm	Cost:	\$96
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#### Tennis Jr Tiny Tots

Age 4 yrs. - 6Y

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class.

#118824	Mar 12 - Apr 25	Mon&Wed	5:30 pm - 6:00 pm	Cost:	\$48
#118825	Mar 13 - Apr 26	Tue&Thu	4:30 pm - 5:00 pm	Cost:	\$48

### SPORTS

#### All Sports - Little Starters

Age 3 yrs. - 5Y

Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

#120225	Feb 14 - Mar 13	Tue	9:30am - 10:15am	Cost:	\$36
#120226	Mar 14 - Apr 4	Wed	6:45pm - 7:30pm	Cost:	\$36







## Discover your Raleigh Parks and Recreation Department

### SPORTS (cont)

#### Baseball - Little Sluggers

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

#120214	Mar 10-31	Sat	9:30am - 10:15am	Cost:	\$36
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#### Soccer - Little Kickers

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

#120227	Apr 14 - May 5	Sat	9:30am - 10:15am	Cost:	\$36
#120228	Apr 18 - May 9	Wed	6:45pm - 7:30pm	Cost:	\$36

#### Baseball Skills for Beginners

Age 6 yrs. - 9Y

Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

#120219	Apr 18 - May 9	Wed	7:45pm - 8:30pm	Cost:	\$40
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#### Basketball Skills for Beginners

Age 6 yrs. - 9Y

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

#120224	Mar 14 - Apr 4	Wed	7:45pm - 8:30pm	Cost:	\$40
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#### Soccer Skills for Beginners

Age 6 yrs. - 9Y

Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

#120236	Mar 20 - Apr 17	Tue	9:30am - 10:15am	Cost:	\$40
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#### Hockey - Little Goalies

Age 3 yrs. - 5Y

This class is an introduction in skills development that teaches the basics of hockey including passing, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

#120238	Jan 17 - Feb 7	Tue	9:30am - 10:15am	Cost:	\$36
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#### Lacrosse - Tiny Stix

Age 3 yrs. - 5Y

An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment.

#120236	Mar 20 - Apr 17	Tue	9:30am - 10:15am	Cost:	\$36
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